

The Kings Hedges Community News

Carnival Special Summer 2009



Welcome to the **Carnival Special** edition of the Kings Hedges Community News

In this Edition find out what's happening at the Arbury Carnival on Saturday 13th June. Many local groups, schools, churches and organisations turn up to the carnival to either perform, have a stall or join in with the popular procession. Organisers have been working extremely hard to put on another great event for the area-see inside for more events and activities that are happening over the summer.

The carnival also sees the launch of Kings Hedges Neighbourhood Partnership's re-usable bag campaign, a bid to see a reduction in the number of carrier bags used in the area-find out more inside!

Well whatever you do this Summer whether it's going on holiday or staying at home remember to check out what's on in your Community-there is something for everyone and many activities or events are FREE or of very little cost.

Just a reminder that No 37 is open Monday-Thursday 9.00 -12 noon



Number 37, 37 Lawrence Way (next to Campkin Road Shops)
Kings Hedges, Cambridge CB4 2PR
Tel/Fax 01223 508197 email: marie.khnp@virgin.net

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ARBURY CARNIVAL 2009

At Town Park, Campkin Road, Cambridge

Date: Saturday 13th June 2009

Time: 11am to 5pm

Theme: Colours of the Rainbow

The Carnival will be opened by BBC Cambridgeshire radio presenter Jeremy Sallis at 11am.



Procession

The procession will be leaving the Cambridge Regional College at 12noon and making its way along Kings Hedges Road and Campkin Road, passing the Carnival at approximately 12.30pm and finishing at the Manor Community College. This year, the procession will mainly be made up of local schools.



Children's Entertainment

There will be entertainment for the children in the Community Centre hall throughout the Carnival.



Arena Entertainment

The Arena events include an Abba tribute band, school bands, school choirs and dance groups. Following their success at the 2008 Carnival, Glam R Us will be returning to the arena for the final slot of the day between 4.00pm and 5.00pm (www.glamrusuk.com).





Website

www.arburycarnival.org.uk

The website is updated regularly and includes contact details for the committee members and photos from previous carnivals.



Programme

A programme will be distributed to local schoolchildren and residents in the week of the Carnival. The programme will include a feedback form which attendees are encouraged to complete and return to the Community Centre or Budgens supermarket.



About the Arbury Carnival Committee

The Committee is a voluntary group of local residents. Extra volunteers are always needed and the committee would warmly welcome anyone who would like to be involved in the preparation for the 2010 Carnival. Based at the Arbury Community Centre, the Arbury Carnival Committee is a not for profit organisation which generates funds for the community.



General contact details: Alan Soer
at the Arbury Community Centre on:
01223 712038.

News from No 37

Food Hygiene Course

When: Saturday 25th July 2009 9.30-4.30 pm at Arbury Community Centre (Small Hall)

Cost: £10 (includes book and certificate)

Refreshments will be provided on the day but you need to bring your own lunch.

A one-day course accredited by the Chartered Institute of Environmental Health. This is for anyone working or volunteering in a setting where food is prepared. Please note there will be a short multiple-choice exam at the end of the course.

Again places are limited so book early! Contact Marie Cassidy on 01223 508197 for further details.

- ☒ **Fed up with being fobbed off?**
- ☒ **Do you want people to listen to you?**
- ☒ **Is there something you want to say?**
- ☒ **Find it hard to get your point across?**

If you answered 'YES' to one or more of these questions then come along to a fun and informal information session run by Cambridge Mediation Service. Hear 10 top tips for getting your voice heard and learn how mediation can help

When: Tuesday 23rd June 2009

Where: Arbury Community Centre (Small hall)

Time: 10am-12 noon

Cost: £1 includes Cream tea and information pack

Places are limited so book early to avoid disappointment.

Contact Marie Cassidy on 01223 508197 or call into No 37 Lawrence Way

Teddy Bears picnic

The annual Teddy Bears Picnic at No 37 will take place on Tuesday 11th August from 11.30 am -1.15 pm. Come along for a picnic, face painting and entertainment. This event is for children up to the age of 10 and their families. Tickets cost £1 per family and are available from No 37 Lawrence Way.

For further information contact Marie on 01223 508197 or call into No 37 Lawrence Way (Mornings only).



☒ **Are you new to the area and want to know what's on in the local community-pop into No 37**



Easter egg hunt at No 37

Care for a Cuppa?



To celebrate the 75th Anniversary of Diabetes UK we will be holding a Tea Party in No 37 Lawrence Way Garden on **Thursday 2nd July 10-11.30 am.**

Please come along and support this worthwhile Charity that helps people that suffer from Diabetes. This condition is on the rise-so please do come along!

There will be a raffle and of course a Cuppa!

For more information about 'Care for a Cuppa' and the work of Diabetes UK visit www.careforacuppa.org.uk

For information about the event at No 37 contact Marie Cassidy on 01223 508197 or Rachel Balment 01223 508151



Other great top tips...

Like to eat out and can't afford to do so very often? There are a few sites on the internet that offer vouchers to get money off restaurant bills, such as two for one deals! Try;

<http://www.moneysavingexpert.com/deals/cheap-restaurant-deals>. where you can find deals to print off vouchers or sign up for vouchers. The moneysavingexpert.com site is full of great tips, information and lots of ways to get the best deals. There is also a sign up newsletter, which gives you a head start on up and coming deals.

'Not Quite Over The Hill Club'



Welcome to all our over 55 readers!

Hi again to everyone!

Well I think Spring is at last in the air. The last few days have been lovely. Puts a different aspect on life, don't you think?

I do hope our new members are settling in and enjoying the club. Sometimes there is a difference of opinion in the club, but all I want and I'm sure you all feel the same, is a happy friendly club. You as individuals are all important-Don't forget!

Well on a more happier note, lots to look forward to yet, outings, parties and comradeship, holidays too!

I would like to say although I will be absent for a couple of weeks, Roy will do a good job, along with the Committee and other helpers. It is great to have a supporting team.

Don't forget the 'Arbury Carnival' another place to meet up, and have a cuppa in the café! I would like to take this opportunity to say a big Thank You to you all for your support and good wishes after what happened to me, very much appreciated.

Well we have just returned from our holiday in Folkestone, WOW! What a great time we had, all old friends together, laughter, singing, no arguments-one of the best we have had!

Quite a lot of you let your hair down and joined in, was great to see you all so jolly. Even the gentleman took to the floor, well - done folks-you really are a great crowd!

Well I shall sign off now as I need to get this article in for the printers. See you all soon. Take Care my friends. Love **Bette (Burchell).**

THE HEALTHY LIVING PROJECT



Healthy Living... do you hear the words and switch off? How about the credit crunch?

What about thinking of those two things in the same sentence, and trying to live a healthy life, whilst saving money? In the North of the City, the Community Development Neighbourhood Team always aim to make all our events and projects as 'healthy living' friendly as possible.

Healthy Living means all aspects of what makes us feel good and the credit crunch means a lot of people feel stressed and worried, which is bad for all aspects of your health! Healthy Living means taking into account how you feel physically, mentally, financially, socially... every aspect of what makes you feel good about life and in good physical and mental health.

We aim to keep our events and projects as cheap as possible and in some cases, free. We aim to offer fun things to do, that take health into consideration and make keeping healthy a natural thing that blends into your life easily and doesn't feel like a chore. We aim to offer food options at our events and projects that are balanced, good to eat, tasty and still good for you. Taking on board that a bit of what you fancy does you good... even cake, chocolate and sweets can be good for you if you don't eat too much of it!

And that will be the theme of our Arbury Carnival stall this year... 'a bit of what you fancy does you good' come and check us out. Come and see what we've got coming up and what we've done over the last year. Fill in your top tip for saving money or environmentally friendly tips and you have a chance to win a £10 munch box voucher and be one of 12 credited people to have tips printed in the Kings Hedges Healthy Living Calendar 2010. We will also have an

interactive questionnaire, so we can understand better how people find out about the events and projects we run, so come along and stick a few post-it notes on our interactive wall and collect your info sheet and free bag from the Kings Hedges Neighbourhood Partnership. We will also have a representative from the North Area Committee there to answer questions about what it is, what it does and how YOU can get involved if you want to.

Hope to see you there!

THE TUESDAYS

Do you get out enough? Do you shut yourself in the house, watching TV and not getting out and about as much as you used to? Do you want to meet other people, have a chance to try something new, just take a moment to relax and enjoy other people's company?

Come along to Buchan Street Neighbourhood Centre on Tuesday mornings between 10.30 and 12.30 for a change!

Meet other people, try new things, have a chat and a coffee, find out what else is going on locally or join in with some of the many activities that are on the programme.

So far, the programme has included crochet, knitting, cake decorating, still life painting, all in a friendly and fun atmosphere.

All ages welcome... men and women... share your skills as well as learning new skills, or just come and chat.

Ring Rachal for further info on 508149 (or just drop in and give it a go!)

Freedom Club Time Bank and
Buchan Street Neighbourhood
Centre Community Development
Neighbourhood Team

Grow & Eat



Do you want to learn how to grow and eat
a range of healthy vegetables and salads?

If so, we are running 2 informative drop-in
sessions – all welcome!

- **Grow your own food** from the window sill
to the allotment – practical tips and advice
from local residents over a cup of coffee
- **Pick up seeds, seedlings, compost and
recycled plant pots** – everything you
need to get going (you provide water and
sunlight!)
- **Taste** residents' salads and veggies and
learn how to make your own salad
dressing
- Learn about our new **apple press** that is
available to all
- Children welcome

Mon 15th June 12-2pm,
Buchan Street Neighbourhood Centre,
6 Buchan Street, Cambridge,
CB4 2XF.

Tel 508149

More info on the Time
Bank at

www.fctb.org.uk or call

or text

David on 07757 103149

or email

david@fctb.org.uk.



USE YOUR COMPUTER TO SAVE MONEY...

Got internet
access?

How about
using it to
find great
ways to be

environmentally friendly and save
money? Top Tips for saving money from
<http://www.frugal.org.uk/> which has
loads of ideas for ways to save money
and make money with areas covering:
food & recipes, around the house, days
out, finance, make a few pounds, misc.
& little freebies plus email updates.



http://www.downthelane.net/Page_2.php
is all about self reliance, saving money
and downshifting and is full of useful tips
including travel, fashion, monitoring
utilities etc. Try putting 'frugal living' or
other variations into a search engine and
you'll find a whole host of sites
dedicated to helping you save money,
save resources and help the planet...
and it's all free information!

Get surfing. And if you don't have
internet access? There are many sites
across the area including the Meadows
Community Centre, Buchan Street
Neighbourhood Centre and the Arbury
Court Library all of which offer some
internet access for free, some booking
ahead may be required.

☒ If you need doggy bags? Pop into No 37

☒ Can you make a great cup of tea? Pop into No 37



Walks for fun, for health and to make friends...

The Time Travel Trek...

Is a walk through a part of Historic Cambridge to the Fitzwilliam museum. The walk starts from Boots on Sidney Street at 10.15 and the route is changed each individual walk. The walk takes around 30 – 45 minutes, ending at the Fitzwilliam museum. Once there, we have refreshments and are then taken on a guided walk in the museum where each visit has a theme and we discuss particular pieces as a group. This walk is FREE, but places are limited. Date for your diary: August 13th and November 19th. Places should be booked in advance by telephoning Binnie Pickard on tel 01223 508149

The Walk and Talk...

Is a local walk around the Kings Hedges estate. The walk starts at the Arbury Community Centre at 11 a.m. and a quiz is available to do on route. The walk takes about 30 – 40 minutes depending on how long people get caught up with the quiz! The walk ends at Buchan Street Neighbourhood Centre, where lunch is provided. Lunch is a social affair and we mark the quiz and give small prizes to the winners. There is no charge for this walk, but we do need to know numbers for catering purposes. Dates for your diary: September 10th and November 5th. Places should be booked in advance by telephoning Binnie Pickard on tel 01223 508149.

The Kings Hedges meander...

A regular group of people meet at the junction of Campkin Road and Northfield Avenue every Thursday at 10.30 a.m. They walk for around 45 minutes, different routes each week around the local area. The walk ends at the local community café.

THE SOFT PLAY PROJECT

Buchan Street Neighbourhood Centre
Friday Mornings

Sessions; 10 - 11 am; 11.15am – 12.15pm; 12.30 - 1.30 p.m.

Each session costs £2.50 per child or £4 for two siblings
(Concessions with proof of; JSA, IS or Housing benefit)



We operate three sessions, which can be booked up to a week in advance

to ensure a place. We have soft play workers who can help settle children and parents in with help to find your way around and offer a listening ear if you have worries and concerns.

We also have a small café offering drinks, toast or crumpets and fresh fruit at very



reasonable prices, so families can have a bite to eat and chat to other families.

We have a relaxed, informal atmosphere offering fun for the children and a bit of light relief for mums and dads.

Special offer for first time families...

£1 off your first session of soft play (for under 4's) at Buchan Street Neighbourhood Centre

Book your session by ringing 508149

☒ Are you often alone and want to meet new people? Pop into No 37

☒ Do you like attending events and would like to see more? Pop into No 37

Welcome to Buchan Street Neighbourhood Centre

Buchan Street Neighbourhood Centre is at 6 Buchan Street, just off Kings Hedges Road and close to the shops. Lots of groups have space booked here regularly, including dance, karate, exercise, cardiac rehabilitation, physiotherapy, language classes, a church meeting and much more.

We have our own soft play project for under 4's on Friday mornings, with play for parents and children together and a cafe to socialise and have a snack after your session.

We have regular fun social events for families and older people, including our famous Pumpkin Party and Christmas parties.

We host a regular Tuesday morning group for local people to meet, share and learn new skills whilst having coffee, crumpets and a chat.

We have internet access, if you book in advance.

For further information, to enquire about booking space or events or to book internet access, please ring 508149.



Ania Anderson (soft play), Rachel Balment (soft play/Centre Supervisor), Binnie Pickard (Community Development Officer), Nikki Hills (Centre Supervisor), Rachal Creek (administrator), Graham Mosely (Centre Supervisor)

THE BUCHAN STREET BEACH PARTY

Celebrate the start of Summer at the Buchan Street Beach party!

**Buchan Street
Neighbourhood Centre
Tuesday July 28th
3 - 5 p.m.**



Beach games, picnic and lots of family fun
Fancy dress competition

Tickets MUST be booked in advance £2 per person, £1 under 2's.

This event is aimed at families with children under 10

Please pop into Buchan Street Neighbourhood Centre or tel 508149 to book your tickets.



Broaden Your Horizons ~ Over 55's News and Events

Cultural Experiences of Cambridge Residents

Following last years fabulous event, the Broaden Your Horizons project will be hosting another event on October 1st 2009 at Buchan Street Neighbourhood Centre from 1p.m. until 4 p.m.



Once again, the event will include presentations and information about people who live in Cambridge that have different cultural backgrounds and experiences.

The event will include food from around the world and will be FREE



If you are part of a group that would like to offer a presentation, or if you would like to come to the event, please call 508149 or post your request for tickets to Buchan Street Neighbourhood Centre, 6 Buchan Street, Cambridge, CB4 2XF or email binnie.pickard@cambridge.gov.uk

This event will be a part of the ~~Cambridge~~ Celebrates Age Programme



The Grovebury Ladies

meet at

Arbury Community Centre, CB4 2LD
on Tuesdays at 8pm

All women welcome to attend

Summer 2009 Programme

19 May	Lita Nightingale explains about Massage Treatments
26 May	Fish & Chip Supper & Beetle
2 June	Auction for club funds
9 June	Rodney Tibbs – 50 years with Cambridge News
Saturday 13 June ARBURY CARNIVAL	
16 June	'Dig for Sustainability' – Harambee Centre
23 June	Janet Mann – Cambridge Cats Protection
30 June	t.b.c.
7 July	River Trip on 'Rosie' to our meal out
14 July	A.G.M.
21 July	Summer Social

For further information, please contact:

Audrey Brett	01223 425415
Brenda Whiting	01223 366267
Lesley Guebert	01223 473142
Wendy Hale	01223 425602
Doreen Tompkins	01223 366558

Cambridge Hard of Hearing Club

Cambridge Hard of Hearing Club meet at the Buchan Street Neighbourhood Centre on the last Thursday of every month from 2.00 to 4.00 p.m. There are a wide variety of talks with a loop system and Speech to Text which enables everyone to follow everything. Dial-a-Ride collects and delivers members from the City.

Contact: Avril Dring, 99 Tavistock Road, Cambridge CB4 3ND or
Tel. 01223 312107 or leave a message in the Centre Office.



Easter egg hunt

Cambridge CAMTAD

(Campaign for Tackling Acquired Deafness)

Cambridge CAMTAD (Campaign for Tackling Acquired Deafness) has drop in Hearing Help sessions every First Tuesday of the Month 10 -12 at the Buchan Street Neighbourhood Centre for NHS hearing aid users. Batteries are provided and there is a cleaning and retubing service. Advice is given on how to improve the quality of hearing with the help of equipment. Loans of equipment are available.



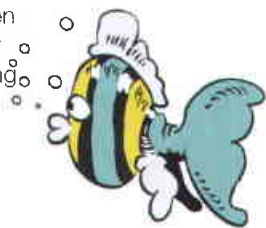
Kidz Page

Funky Fish Cakes

Ingredients

For 8 fish cakes you will need:

- 500g Potatoes
- 50g Butter
- 1 egg yolk
- 75g Plain Flour
- 200g Can tuna, drained
- 200g fresh or frozen sweetcorn cooked
- 1 bunch spring onions trimmed and chopped
- Salt and Pepper
- 150g Breadcrumbs
- 1 egg beaten
- Sunflower oil for frying



1. Peel the potatoes and cook them in a big pan of boiling salted water until soft. Drain and then add some butter and mash them well, taking care not to leave any lumpy bits! Stir in the egg yolk and flour.
2. Put the tuna, sweet corn and spring onions into a bowl and add the potato mixture. Give everything a good stir and season it with some salt and black pepper.
3. Form the mixture into 8 ovals and then pinch the fishcakes at one end to make a tail, so you have a fish shape. Pop them into the fridge and allow the cakes to chill and firm up for 30 minutes.
4. Put the breadcrumbs onto a flat surface or big plate. Dip the fishcakes into the beaten egg and then into the breadcrumbs until they are covered completely. Carefully fry the fish cakes in sunflower oil for 3-4 minutes on each side until golden brown
5. Enjoy!!!

Groups for Under 5's

- **Hedgehogs:** Enjoy make and do activities – Mondays 1.00-3.00pm, Kings Hedges Primary School (Term Time only)
- **Early Birds:** Family group with free light breakfast – Tuesdays 9.00-11.00am, Kings Hedges Primary School (Term Time only)
- **Little Apples:** Family Drop-in and play session with healthy snack – Tuesdays 9.00-11.00am, Orchard Park Primary School (Term time only)
- **Tatty Bumpkins:** Simple yoga, storytelling and music – Wednesdays, fortnightly 2.00-3.00pm, Arbury Community Centre
- **Child Safety Week:** Meet the fireman with his engine – 24th June, Arbury Community Centre 1.00-3.00pm
- **Messy Play:** paint, glue, jelly and much more – Thursdays, Kings Hedges Primary School, 10.00-11.30am (Held at Colleges Nursery and Family Centre in school holidays)
- **Lets Get Physical:** Parachute play, bean bags, crawling, hopping – Fridays, Arbury Community Centre, 10.00-11.30am
- For further information contact Jacquie or Jackie on 01223 712173



Ambabys

(Adults must be accompanied by youngsters)

Trip to 'TWINLAKES' Melton Mowbray.

On 21st March Ambabys took a group of Families to Twin Lakes Theme Park. It was a lovely Spring day with lots of Sunshine! There was lots of singing on the way and lots of activity at the park including ice -skating, Go-karts and pedal boats. Even after all this activity the children still had the energy to sing all the way home. I did notice one or two parents having a quick nap though!

Ambabys will be running 2 trips this Summer

Saturday 8th August London
Thursday 27th August Great Yarmouth
Tickets are as follows
Adults £5
Children £3



The Master Blaster!



Caterpillar Coaster

Tickets are open to families living in Kings Hedges and will go on sale at 10am on Tuesday 30th June at No 37 (this year we are limiting ticket sales to 6 per family) after the 14th July ticket sales will be opened up to people without children and people from outside the Kings Hedges boundary. Both trips leave Campkin Road shops at 8.30 am and depart the destination at 5 pm to arrive back on the estate at about 6.30pm.



Trauma Tower



Dancing on Ice!



Able to be Independent

A group for people with disabilities, adult and young carers, people wanting support and guidance.

- Are you looking for support?
- Do you feel isolated?
- Would you like to make new friends?
- Would you like a place to find information and receive support?
- Do you want to meet people in a similar circumstance to yourself?



We are a new forming group who wants to address a need for support in the community. We will meet on the first Wednesday of each month having regular speakers and a chance for you to have a cuppa and get to know people and receive support from within your community.

Up coming speakers:

- Citizens Advice Bureau
- Benefits Shop
- Mobility Occupational Therapy
- Adult Care Services
- Direct Payments
- Young Carers



Wednesday 3rd June at Orchard Park School - 09.30 – 11.30

Contact Carly on 07789 178520 or carlym@bpha.org.uk for more information

Volunteers needed



Cambridgeshire Mencap is seeking volunteers to support young people with learning disabilities.

You could assist someone to go to the cinema, attend a youth club, go swimming, play sport, or do any number of fun activities. Your support could help develop the young person's self-confidence, social skills, and level of independence in the community.

If you are aged between 16 and 30 and can

spare a few hours every fortnight then you could do something new, or something you already do and enjoy, whilst making a BIG difference in a young person's life.

Interested? Find out more by contacting Robert Wallace, Volunteers Support Coordinator, by

Phone: 01223 883140

Text: 07835101621

Email: robert@cambridgemencap.co.uk

News from your Local Neighbourhood Police Team

BURGLARIES



Creating a safer
Cambridgeshire

The number of burglaries since the last newsletter has dropped in the area. Please be reassured that even though the amount of burglaries has decreased, we are still being very proactive and stopping known burglars, still searching people and houses and will keep patrolling in your area. Please remain vigilant and report anything that is suspicious. Also remember to close and lock your windows and doors, even if you're just popping out for a few minutes. It only takes a few seconds for your house to be broken into and items to be taken.

POLICE SURGERY

On the last Wednesday of every month, either ourselves or one of our colleagues in the north police team will be holding a 'surgery' at Arbury Court between 11am and 1pm. Please do come and say hello, and voice any concerns or questions you may have. Whilst we're there, Pauline Grounds from the Mediation Service will be in Arbury Court Library if you have any disputes with neighbours and would like some advice and free mediation.

IMMOBILISE

If you have access to the internet, you can register any property you have that has a serial number on it. This includes bicycles, mobile phones, laptops, power tools, MP3 players, etc. Go to www.immobilise.com and register for free. Although this takes a bit of time at the start to put all your property on, once this is done, all you need to do when you buy something new is log on to the Immobilise website and add that serial number on.

If you want any more information about Immobilise, or any crime prevention advice, please do not hesitate to contact us.

CONTACT NUMBERS

999 for an emergency

0845 456 456 4 for non-emergencies

Register onto E-Cops to email through concerns - go to

www.cambs.police.uk/signup/ecops

Take care, keep safe and we'll see you out and about.



Do you have a particular skill you could share?
Pop into No 37

Kings Hedges Bag Attack...

As we mentioned in our last issue we have received a grant for £500 from Cambridge City Council Sustainable City department towards re-usable bags for the community of Kings Hedges!

These bags are made from recycled plastic and can also be recycled once you have finished with them!

We are hoping to launch these great and very fashionable bags at the Arbury Carnival - Look out for the Yellow bags!!!

Also in these bags you will find some low energy light bulbs that could help you save money on your electricity bills-so remember look out for the Yellow bags!

For more information on these projects contact Marie Cassidy on 01223 508197



Anti Social Behaviour Meetings

Dates for 2009

All at No 37 Lawrence Way
at 7.30 pm

Thursday 28th May

Thursday 30th July

Thursday 24th September

Thursday 26th November

These meetings are open to all residents in the area. Local Housing Officers, Police Officers and Local Councillors all attend. It is a chance for local residents to talk through any problems in the area in confidence.



Do you have a couple of hours to spare?
Pop into No 37

CHRISTIANS
AGAINST POVERTY UK

Struggling With Debt?

Christians Against Poverty is a national debt counselling charity. CAP offers hope and a solution to people in debt through its unique, completely free, in-depth service.

Call Freephone 0800 328 0006

to arrange a home visit.

More information on CAP's work can be found here: www.capuk.org

Registered Charity No: 1097217

Emergency Numbers

Emergency Gas

0800 111999

Emergency Power

0800 783 8838

Emergency Water

08457 145 145 and 01223 706050

GP (Camdoc) out of hours

01223 464242

Addenbrooke's Switchboard

01223 245151

Rosie Maternity

01223 217617

Cambridgeshire County Council

Switchboard

01223 717111

Cambridge City Council

01223 457000

Cambridge City Council

Out of Hours

01223 457457

Stagecoach

01223 423578

National Rail enquiries

08457 484950

Samaritans

08457 909090

Childline

0800 1111

National Debt line

0808 808 4000



The Kings Hedges Neighbourhood Partnership is sponsored by Cambridge City Council Community Development Department.